

# 2024 YEAR IN REVIEW



## ABOUT THE ALLIANCE

Since 1989, the Alliance for Suicide Prevention of Larimer County has been dedicated to providing suicide prevention education and grief support services for youth and adults. We prevent suicide through training, education, outreach, and support. Annually, our services and programs reach thousands of people across Larimer County, providing invaluable information that can save lives.

Research shows that every person trained in suicide prevention has a follow-on impact, sharing resources or having critical conversations with an average of 5.2 others in their social network. This "train one, impact five" approach amplifies the reach of our programs, creating a ripple effect of awareness and support across our community.

We offer adult and youth training and consultation, outreach and support to high-risk populations, and grief and financial support for individuals who have lost a loved one to suicide. All our services are offered free of charge, thanks to the generous support of partners and donors. We are proud to be leaders in the suicide prevention landscape, working tirelessly to make our community safer and more connected.

## 2024 KEY ACHIEVEMENTS

**11,879 individuals served in total**

5,041 served in Youth Education

5,376 served in Adult Education

1,185 served by Imagine Zero

37 served in Peer Outreach

240 served in Grief Services

## TESTIMONIAL

"Several years ago I took a 2+ hour QPR class when the program was first offered by another organization in Northern Colorado. Today's class is so much more comprehensive. The slide presentations are filled with helpful QPR illustrations and useful lists of public resources. Thank you Alliance for Suicide Prevention for this very relevant and streamlined 90 minute class."

- Myles Crane

*Community Volunteer and Partnership for Age-Friendly Communities in Larimer County, Board Member*

## SERVICES OFFERED

**Youth Education:** Resiliency Education Protecting the Lives of Youth, (REPLY), our youth training programs connects with elementary, middle and high schoolers to teach them the warning signs of suicide, coping mechanisms, and provide resources.

**Adult Education:** Through custom trainings, consultation and our certification program, Question, Persuade, Refer (QPR), we provide adult training on reducing the stigma surrounding mental health, recognizing the warning signs of suicide, and how to respond to a person in crisis.

**Imagine Zero/CNC:** We are proud to be a leader of the 15 counties, nationwide, implementing a comprehensive, upstream, public health approach to suicide. Made up of a coalition of professionals, agencies, and individuals who meet to improve communication and coordination of services around suicide prevention.

**Peer Outreach:** We provide support for populations that are statistically at a higher risk for suicidality through individual peer mentorship, work and support groups.

**Grief Support:** We host monthly support groups, caring conversations, support sessions and financial assistance for those who are grieving the loss of a loved one to suicide.

# DIRECTOR'S STATEMENT

2024 has been a year of remarkable progress and hope. Together, we achieved an over 25% reduction in the suicide rate in Larimer County, hosted our largest-ever Teen Self-Care Fair with 1,045 attendees, and expanded our programs to train and support more than 11,000 adults and youth in life-saving skills.

Through the launch of our new Survivors Benefit Fund, we provided over \$15,000 in support to suicide loss survivors in the immediate aftermath of their loss, helping families during their most difficult moments. Our partnerships with over 70 organizations have been instrumental in reaching diverse populations, distributing 367 lockboxes and safes, and fostering community-wide change. These collaborations ensure that our community is equipped with the resources, education, and tools needed to support mental wellness and prevent suicide at every level.

As we reflect on the year, I am inspired by the dedication of our staff, board, and community members. Your trust and commitment make it possible to save lives, strengthen connections, and bring hope to those in need.

Thank you for being a vital part of this mission. Together, we are making a difference.

With gratitude,

*Kim Moeller*



**KIM MOELLER, MA, LPC**  
EXECUTIVE DIRECTOR

## GRIEF SUPPORT (240 SURVIVORS SERVED)

- 240 survivors attended 48 suicide loss support groups.
- \$15,802.00 provided to new suicide loss survivors.
- 350 Grief Booklets distributed.
- 40 Grief Kits distributed.
- 3 events for suicide loss survivors.

## COLORADO NATIONAL COLLABORATIVE (CNC)

(25.6% DECREASE SINCE INCEPTION)

- 367 medication lock boxes and gun safes distributed.
- Development of Larimer Suicide Fatality Review Board.
- Seen in **9News, Denver 7** and the **Denver Post**.

25.6%  
decrease

## ADULT SERVICES (5,376 TRAINED)

- 4,362 attended Question, Persuade, Refer (QPR).
- 968 trained in custom trainings.
- 46 partners trained in offering support after a suicide loss.

## COMMUNITY OUTREACH (1,600 HOURS OF CONSULTATION)

- 37 individuals provided with 1:1 peer support
- 1600+ hours of technical assistance to partners, supporting an upstream, public health approach to suicide.
- Participation in 25 monthly work groups to move the needle in suicide prevention.



## YOUTH SERVICES (5,041 YOUTH TRAINED)

- 5,041 students trained in REPLY across 25 schools and 4 organizations.
- 514 students referred to mental health professionals
- 94.7% of youth increased their help-seeking behavior
- 9 Interns from 3 universities, supported.



## IMAGINE ZERO (3,185 CONNECTED)

- 140 participants from 25 organizations attend HOPE Certification for workplace wellness.
- 1,045 participants at the Teen Self Care Fair.
- 24 community events supported, with over 2,000 engagements.





# 2024 YEAR IN REVIEW



## ABOUT THE ALLIANCE

Since 1989, the Alliance for Suicide Prevention of Larimer County has been dedicated to providing suicide prevention education and grief support services for youth and adults. We prevent suicide through training, education, outreach, and support. Annually, our services and programs reach thousands of people across Larimer County, providing invaluable information that can save lives.

Research shows that every person trained in suicide prevention has a follow-on impact, sharing resources or having critical conversations with an average of 5.2 others in their social network. This "train one, impact five" approach amplifies the reach of our programs, creating a ripple effect of awareness and support across our community.

We offer adult and youth training and consultation, outreach and support to high-risk populations, and grief and financial support for individuals who have lost a loved one to suicide. All our services are offered free of charge, thanks to the generous support of partners and donors. We are proud to be leaders in the suicide prevention landscape, working tirelessly to make our community safer and more connected.

## 2024 KEY ACHIEVEMENTS

**11,879 individuals served in total**

5,041 served in Youth Education

5,376 served in Adult Education

1,185 served by Imagine Zero

37 served in Peer Outreach

240 served in Grief Services

## TESTIMONIAL

"Several years ago I took a 2+ hour QPR class when the program was first offered by another organization in Northern Colorado. Today's class is so much more comprehensive. The slide presentations are filled with helpful QPR illustrations and useful lists of public resources. Thank you Alliance for Suicide Prevention for this very relevant and streamlined 90 minute class."

- Myles Crane

*Community Volunteer and Partnership for Age-Friendly Communities in Larimer County, Board Member*

## SERVICES OFFERED

**Youth Education:** Resiliency Education Protecting the Lives of Youth, (REPLY), our youth training programs connects with elementary, middle and high schoolers to teach them the warning signs of suicide, coping mechanisms, and provide resources.

**Adult Education:** Through custom trainings, consultation and our certification program, Question, Persuade, Refer (QPR), we provide adult training on reducing the stigma surrounding mental health, recognizing the warning signs of suicide, and how to respond to a person in crisis.

**Imagine Zero/CNC:** We are proud to be a leader of the 15 counties, nationwide, implementing a comprehensive, upstream, public health approach to suicide. Made up of a coalition of professionals, agencies, and individuals who meet to improve communication and coordination of services around suicide prevention.

**Peer Outreach:** We provide support for populations that are statistically at a higher risk for suicidality through individual peer mentorship, work and support groups.

**Grief Support:** We host monthly support groups, caring conversations, support sessions and financial assistance for those who are grieving the loss of a loved one to suicide.

# DIRECTOR'S STATEMENT

2024 has been a year of remarkable progress and hope. Together, we achieved an over 25% reduction in the suicide rate in Larimer County, hosted our largest-ever Teen Self-Care Fair with 1,045 attendees, and expanded our programs to train and support more than 11,000 adults and youth in life-saving skills.

Through the launch of our new Survivors Benefit Fund, we provided over \$15,000 in support to suicide loss survivors in the immediate aftermath of their loss, helping families during their most difficult moments. Our partnerships with over 70 organizations have been instrumental in reaching diverse populations, distributing 367 lockboxes and safes, and fostering community-wide change. These collaborations ensure that our community is equipped with the resources, education, and tools needed to support mental wellness and prevent suicide at every level.

As we reflect on the year, I am inspired by the dedication of our staff, board, and community members. Your trust and commitment make it possible to save lives, strengthen connections, and bring hope to those in need.

Thank you for being a vital part of this mission. Together, we are making a difference.

With gratitude,

*Kim Moeller*



**KIM MOELLER, MA, LPC**  
EXECUTIVE DIRECTOR

## GRIEF SUPPORT (240 SURVIVORS SERVED)

- 240 survivors attended 48 suicide loss support groups.
- \$15,802.00 provided to new suicide loss survivors.
- 350 Grief Booklets distributed.
- 40 Grief Kits distributed.
- 3 events for suicide loss survivors.

## COLORADO NATIONAL COLLABORATIVE (CNC)

(25.6% DECREASE SINCE INCEPTION)

- 367 medication lock boxes and gun safes distributed.
- Development of Larimer Suicide Fatality Review Board.
- Seen in **9News, Denver 7** and the **Denver Post**.

25.6%  
decrease

## ADULT SERVICES (5,376 TRAINED)

- 4,362 attended Question, Persuade, Refer (QPR).
- 968 trained in custom trainings.
- 46 partners trained in offering support after a suicide loss.

## COMMUNITY OUTREACH (1,600 HOURS OF CONSULTATION)

- 37 individuals provided with 1:1 peer support
- 1600+ hours of technical assistance to partners, supporting an upstream, public health approach to suicide.
- Participation in 25 monthly work groups to move the needle in suicide prevention.



## YOUTH SERVICES (5,041 YOUTH TRAINED)

- 5,041 students trained in REPLY across 25 schools and 4 organizations.
- 514 students referred to mental health professionals
- 94.7% of youth increased their help-seeking behavior
- 9 Interns from 3 universities, supported.



## IMAGINE ZERO (3,185 CONNECTED)

- 140 participants from 25 organizations attend HOPE Certification for workplace wellness.
- 1,045 participants at the Teen Self Care Fair.
- 24 community events supported, with over 2,000 engagements.



# DIRECTOR'S STATEMENT



Alliance for  
**SUICIDE PREVENTION**  
of Larimer County

**IMAGINE ZERO**  
working together  
to end suicide in  
northern colorado  
of Larimer County

"It's hard to believe that we are over two years beyond the start of the Covid 19 Pandemic. While those last several years brought many challenges, I am filled with a renewed sense of optimism as we take a look back at our programs and successes over the last 12 months.

During that period, we served 11,214 Larimer County residents, more than doubling the number of people reached compared to 2019 and 2020. With our team reaching more people than ever in our 33 years, we do have a lot to celebrate. We see the impact of our efforts reflected in the nearly 12% reduction in suicides compared to 2019. We didn't accomplish this alone and that significant reduction in suicides is also a testament to the great work that all of our community partners and members contributed to. So, a big thank you to all of our community partners, staff, board, and you for helping to and succeeding at reducing suicide in Larimer County."

**SCOTT SMITH, MSW**

EXECUTIVE DIRECTOR

**2024  
update:  
25.6% decrease**

## GRIEF SUPPORT (152 SURVIVORS SERVED)

- 99 survivors attended 24 Heartbeat support groups
- 62 participants reached during survivor events
- 400 Grief Booklets distributed

## COLORADO NATIONAL COLLABORATIVE (CNC) (12% DECREASE SINCE INCEPTION)

- 400+ medication lock boxes and gun safes distributed.
- 2000+ hours of technical assistance to partners, supporting an upstream, public health approach to suicide
- 58 facilitated work groups to move the needle in suicide prevention

## ADULT EDUCATION (4,420 TRAINED)

- 3,989 attended the Question, Persuade, Refer program
- 190 trained in Hope for Today
- 241 partners trained in offering support after a suicide loss

## COMMUNITY OUTREACH 771 PEOPLE SERVED

- 730 individuals attended the Trusted Adult/ABCs of LGBTQ+
- 90 middle and high schools offered GSA support
- 41 individuals provided with 1:1 peer support

## YOUTH PROGRAMMING (5,231 YOUTH TRAINED)

- 5,231 students trained in REPLY across 24 schools
- 620 students referred to mental health professionals
- 94.3% of youth increased their help-seeking behavior
- 700 self-care kits/resources distributed to youth.

## IMAGINE ZERO (640 CONNECTED)

- 340 participants at Connect with Intention Around Mental Health Summit
- 300+ youths participated in the Teen Self-Care Fair

# 2023 YEAR IN REVIEW



## ABOUT THE ALLIANCE

Since 1989, the Alliance for Suicide Prevention of Larimer County has provided suicide prevention educational programs and grief support services for youth and adults. We prevent suicide through training and education, providing outreach, and offering support. Annually, our free education programs reach thousands of people across Larimer County and provide invaluable information that could save a life. We offer adult education, youth programming, peer outreach to high risk populations, and grief support to individuals who have lost a loved one to suicide. All our services are free of charge.

The Alliance for Suicide Prevention receives a large portion of funding from Larimer County Behavioral Health Services and the Colorado Office of Suicide Prevention. Because that funding begins in the fall, we have adjusted our annual reports to capture the work accomplished by those specific projects (10/1/21- 9/30/22). We could not be more grateful for those partnerships and are happy to be leaders in the suicide prevention landscape.

## 2023 KEY ACHIEVEMENTS

- 11,214 individuals served in total
- 5,359 served in Youth Education
- 4,420 served in Adult Education
- 640 served by Imagine Zero
- 771 served in Peer Outreach
- 152 survivors served in Grief Support Groups

## TESTIMONIAL

"I want to thank you for the QPR training today. It is my 21st year in the district and this was the best staff training I have attended in all of my time in here! Thank goodness for QPR. I am so very grateful."

- Question, Persuade, Refer attendee, Educator

## SERVICES OFFERED

**Youth Education:** Our Youth Advisory Council and the program, Resiliency Education Protecting the Lives of Youth, (REPLY) connect with middle and high schoolers to teach them the warning signs of suicide, coping mechanisms, and provide resources.

**Adult Education:** Through our programs Hope for Today and Question, Persuade, Refer, we provide adult training on reducing the stigma surrounding mental health, recognizing the warning signs of suicide, and how to respond to a person in crisis.

**Imagine Zero/CNC:** We are proud to be 1 of 6 counties, nationwide implementing a comprehensive, upstream, public health approach to suicide. Made up of a coalition of professionals, agencies, and individuals who meet to improve communication and coordination of services around suicide prevention.

**Peer Outreach:** We provide support for populations that are statistically at a higher risk for suicidality through individual peer mentorship, work and support groups.

**Grief Support:** We host two support groups that provide safe spaces for those who are grieving the loss of a loved one to suicide. We also organize the annual Remembrance Walk and Survivors of Suicide Loss Day.